

Brain Fitness Program

The Brain Fitness Program just got more convenient! Now you can improve your focus, hone your memory skills and challenge your brain, two-weeks at a time (rather than the eight-week plan). Sign up now for your first session and when you finish you can move on to the next. After four two-week sessions, you will receive a diploma and be eligible to take the highly regarded "Insight" program. Following this approach makes "Brain Fitness" much more manageable (especially if you have travel plans). Now, more than ever, you can do this!

Senior Center: Computer Room

Instructor: Thomas Collins

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55427	8:00-9:30am	M-F	Jan 4-18	11c	\$25/\$35
55428	8:00-9:30am	M-F	Feb 1-15	11c	\$25/\$35
55429	8:00-9:30am	M-F	Mar 1-15	11c	\$25/\$35
55430	8:00-9:30am	M-F	Mar 18-Apr 1	11c	\$25/\$35
55431	8:00-9:30am	M-F	Apr 5-19	11c	\$25/\$35
55432	8:00-9:30am	M-F	Apr 22-May 6	11c	\$25/\$35
55433	8:00-9:30am	M-F	May 10-24	11c	\$25/\$35

Brain Fitness Program: Insight

For those who have completed the 'Brain Fitness' program, you are now eligible for "Insight." This program concentrates on your peripheral vision literally reshaping your brain through plasticity. Participants have improved their focus, thinking and quicker reaction time. For a more positive attitude, you can do this! There are extra make-up days to ensure you get your 40 sessions.

Senior Center: Computer Room

Instructor: Thomas Collins

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55434	8:00-9:30am	M-F	Jan 7-Mar 8	43c	\$75/\$85
55435	8:00-9:30am	M-F	Mar 18-May 24	50c	\$75/\$85

Ceramics 101 for Adults 50+

Whether you're a beginner or a continuing student, our instructor will work with you at your own level. After your first class, you'll have made your own handmade piece of pottery; flower pots, teapots, platters, bowls, whatever you choose! See how everything tastes better in dishes you've made yourself! Each student will have the option to use free studio time on Friday afternoons. Drop in \$15. Materials fee extra.

Senior Center: Arts Studio

Instructor: TBA

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55589	9:30-11:30am	F	Jan 4-25	4c	\$48/\$58
55590	9:30-11:30am	F	Feb 1-22	4c	\$48/\$58
55597	9:30-11:30am	F	Mar 8-29	4c	\$48/\$58
55598	9:30-11:30am	F	Apr 5-26	4c	\$48/\$58
55599	9:30-11:30am	F	May 10-31	4c	\$48/\$58

Dog Obedience

Improve your relationship and have more control over your dog by understanding how dogs learn. Get solutions to manage house training, digging, chewing, barking, jumping and other behaviors. Dogs must be 4 months old and current on all shots. Participants between ages of 12-16 years must be accompanied by an adult. Please bring a collar and non-retractable leash.

Senior Center: Parking Lot: West

Instructor: Pacific Coast Canine

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55673	6:00-7:00pm	W	Apr 10-May 15	6c	\$95/\$105

Drumworkz Hand Drumming for Adults

Come feel the rhythm and get into the groove! This exciting class will explore concepts of rhythm and drumming techniques. Students will learn about the history and explore traditional rhythm patterns and grooves. Drums will be provided for class use.

Calavera Hills Community Center and Park: Activity Room

Instructor: Musicstar

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55825	7:00-8:00pm	Tu	Jan 8-Feb 19	7c	\$77/\$87
55826	7:00-8:00pm	Tu	Mar 5-Apr 23	8c	\$88/\$98

Fun with Watercolor – for Adults!

Learn the basic elements of painting: color, washes, value, techniques and creating a great composition. We will have six weeks of different subjects. Each class begins with a demonstration and includes a color reference photo for transferring onto watercolor paper. Tackle something new and enjoy this beautiful art medium. Material list available at Senior Center.

Senior Center: Arts Studio

Instructor: Bonnie Gleason

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55615	9:30-11:30am	Th	Feb 7-Mar 14	6c	\$90/\$100
55619	9:30-11:30am	Th	Mar 28-May 2	6c	\$90/\$100

Guitar for Beginners

One of the most popular instruments on earth, Guitar, is universally played the world over. Learn to read music, play melodies or accompany yourself and others singing. Give yourself and others the gift of music! Beginning instruments can be bought for as little as \$30 used, electric with amp or acoustic. Guitars are not provided.

Harding Community Center: Auditorium

Instructor: Steve Alan

Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55232	7:30-8:30pm	Tu	Jan 8-Feb 5	5c	\$53/\$63
55233	7:30-8:30pm	Tu	Feb 19-Mar 26	6c	\$63/\$73
55234	7:30-8:30pm	Tu	Apr 9-May 14	5c	\$63/\$73

Jewelry Creations

Adult Workshop

Come learn the technique for making jewelry. Leave the class with your own creations, as well as learning how to use beads, clasps, wire wrap and advanced designing. There is a \$10 supply fee payable to the instructor on the first day of class. Also, please contact the instructor at fancyart@yahoo.com for a list of supplies that you will need to bring to the first class.

Calavera Hills Community Center: Meeting Room 2

Instructor: Jacquie Hughes

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55758	9:00-11:30am	Sa	Feb 2-9	2c	\$65/\$75
55759	6:00-8:00pm	Th	Feb 21-28	2c	\$65/\$75

Please share your experience
so we may continue to offer quality
programs in our community.
www.carlsbadca.gov/parksandrec
then click on the link Provide feedback.

Youth Workshop

Come learn the technique for making jewelry. Leave the class with your own creations, as well as learning how to use beads, clasps, wire wrap and advanced designing. There is a \$10 supply fee payable to the instructor on the first day of class. Also, please contact the instructor at fancyart@yahoo.com for a list of supplies that you will need to bring to the first class.

Calavera Hills Community Center: Meeting Room 2

Instructor: Jacquie Hughes

Age: 6Y - 13Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55760	11:30am-1:00pm	Sa	Feb 2-9	2c	\$55/\$65
55761	6:00-8:00pm	Th	Mar 7-14	2c	\$55/\$65

Mosaic Wonderland

Adult Workshop

Create a magical stepping stone, learning the history and technique of mosaic. Any level welcome! Once you master this technique, the sky is the limit for creating! Contact the instructor at fancyart@yahoo.com for a list of supplies you will need to bring to the first class.

Calavera Hills Community Center: Meeting Room 2

Instructor: Jacquie Hughes

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55755	6:00-8:00pm	Th	Jan 10-17	2c	\$48/\$58

Calavera Hills Community Center: Meeting Room 2

Instructor: Jacquie Hughes

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55754	9:00-11:30am	Sa	Jan 5-12	2c	\$48/\$58

Youth Workshop

Create a magical stepping stone, learning the history and technique of mosaic. Any level welcome! Once you master this technique the sky is the limit for creating! Contact the instructor at fancyart@yahoo.com for a list of supplies you will need to bring to the first class.

Calavera Hills Community Center: Meeting Room 2

Instructor: Jacquie Hughes

Age: 6Y - 13Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55756	11:30am-1:00pm	Sa	Jan 5-12	2c	\$28/\$38
55757	6:00-8:00pm	Th	Jan 24-31	2c	\$28/\$38

Music Moves

Your child will love singing, dancing and playing instruments. You'll love seeing your child grow and blossom, knowing that they are being nourished by music and movement activities that are specifically designed to meet their cognitive and overall developmental needs. A material fee may be due to instructor the first day.

Calavera Hills Community Center: Activity Room

Instructor: Lisa Megrditchian

Age: 2M - 4Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55971	9:00-10:00am	F	Jan 11-Feb 8	5c	\$74/\$84
55968	10:00-11:00am	F	Jan 11-Feb 8	5c	\$74/\$84
55972	9:00-10:00am	F	Feb 22-Mar 29	6c	\$89/\$99
55969	10:00-11:00am	F	Feb 22-Mar 29	6c	\$89/\$99
55973	9:00-10:00am	F	Apr 12-May 17	6c	\$89/\$99
55970	10:00-11:00am	F	Apr 12-May 17	6c	\$89/\$99

Stagecoach Community Center: Activity Room

Instructor: Lisa Megrditchian

Age: 2M - 4Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55962	10:45-11:30am	M	Jan 7-Feb 4	4c	\$59/\$69
55963	10:45-11:30am	M	Feb 25-Mar 25	5c	\$74/\$84
55964	10:45-11:30am	M	Apr 8-May 13	6c	\$89/\$99
55965	10:30-11:15am	Tu	Jan 8-Feb 5	5c	\$74/\$84
55966	10:30-11:15am	Tu	Feb 19-Mar 26	6c	\$89/\$99
55967	10:30-11:15am	Tu	Apr 9-May 14	6c	\$89/\$99

More Music Moves

More fun with Music Moves! Parents watch on the sidelines as your child actively learns to move to the music. They will learn to imitate rhythm/tonal patterns, sing, dance, play instruments, and incorporate pretend-play into music activities. Once again, you'll love seeing your child grow and blossom, knowing that they are being nourished by music and movement activities that are specifically designed to meet their cognitive and overall developmental needs. Build-n-take musical instrument. Material fee may be due on the first day of class.

Stagecoach Community Center: Activity Room

Instructor: Lisa Megrditchian

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56068	11:30am-12:15pm	Tu	Jan 8-Feb 5	5c	\$74/\$84
56069	11:30am-12:15pm	Tu	Feb 19-Mar 26	6c	\$89/\$99
56070	11:30am-12:15pm	Tu	Apr 9-May 14	6c	\$89/\$99

Musicstar Ukulele

In recent years, the Ukulele has gained in popularity. Come and learn to play the ukulele in this fun group class. Ukulele technique is easier than guitar. Ukuleles will be provided for class use.

Calavera Hills Community Center: Meeting Room 2

Instructor: Musicstar

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55819	5:45-6:45pm	Tu	Jan 8-Feb 19	7c	\$77/\$87
55820	5:45-6:45pm	Tu	Mar 5-Apr 23	8c	\$88/\$98

My First Art Class

For the truly beginner artist! This is a special art class for toddlers and parents (or their helpers). Little fingers experiment with painting, gluing, sticking, printing, sculpting and creating while developing fine motor, language and self-help skills. Each class introduces a new artist or art technique, colors, shapes and textures. Materials included.

Calavera Hills Community Center: Activity Room

Instructor: Abrakadoodle

Age: 2Y - 4Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55212	9:30-10:15am	Tu	Jan 8-Feb 5	5c	\$71/\$81
55213	9:30-10:15am	Tu	Feb 19-Mar 26	6c	\$86/\$96
55214	9:30-10:15am	Tu	Apr 9-May 14	6c	\$86/\$96

Stagecoach Community Center: Meeting Room 1

Instructor: Abrakadoodle

Age: 2Y - 4Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55215	9:30-10:15am	Th	Jan 10-Feb 7	5c	\$72/\$82
55216	9:30-10:15am	Th	Feb 21-Mar 28	6c	\$86/\$96
55217	9:30-10:15am	Th	Apr 11-May 16	6c	\$86/\$96
55218	10:30-11:15am	Th	Jan 10-Feb 7	5c	\$72/\$82
55219	10:30-11:15am	Th	Feb 21-Mar 28	6c	\$86/\$96
55220	10:30-11:15am	Th	Apr 11-May 16	6c	\$86/\$96

Oriental Sumi-e Painting

This unique, ancient art form utilizes specialized painting techniques handed down from one Japanese Master to another through the centuries. Artists use rice paper, sumi-e ink, ink stone and brushes. Sumi-e painting is characterized by the use of fundamental brush strokes based on simple lines and dots. Materials not included. Materials list available at any Community Center.

Calavera Hills Community Center: Meeting Room 2

Instructor: Kiyoko Messenger **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55663	9:45-11:45am	F	Jan 4-Feb 8	6c	\$53/\$63
55664	9:45-11:45am	F	Feb 15-Mar 22	6c	\$53/\$63
55665	9:45-11:45am	F	Mar 29-May 3	6c	\$53/\$63
55666	9:45-11:45am	F	May 10-Jun 14	6c	\$53/\$63

Watercolor Greeting Cards

Express yourself by creating easy to do watercolor greeting cards. Our course will get the beginning watercolorist's feet wet and challenge the more advanced painter to create new and original cards. Materials not included. Materials list will be provided by emailing your request to bgleason@miracosta.edu. Drawing not required.

Calavera Hills Community Center: Meeting Room 2

Instructor: Bonnie Gleason **Age: 12Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56015	1:00-3:00pm	Sa	Jan 5-Feb 16	6c	\$90/\$100

Watercolor Speed Painting

This class features watercolor instruction that is not like any other. Painting fast creates success and a positive experience in easy steps, which anyone can follow and enjoy. Paint free and learn skills even if you think you have no creative abilities. \$10 materials fee due to the instructor on the first day of class for all professional supplies.

Calavera Hills Community Center: Meeting Room 1

Instructor: Steve Alan **Age: 10Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55239	6:30-7:30pm	W	Jan 9-Feb 6	5c	\$53/\$63
55240	6:30-7:30pm	W	Feb 20-Mar 27	6c	\$63/\$73
55241	6:30-7:30pm	W	Apr 10-May 15	6c	\$63/\$73

Wonders!

My First Nature Adventure

Explore robotics, make pinhole cameras, make and launch amazing water rockets, build barometers, slit water, collect fossils, fire balloon rockets, make oil tornados, hollow out pennies, create foot-long lighting, split light, fly remote-controlled dragon flies, and much, much more! \$20 materials fee due to instructor first class.

Calavera Hills Community Center: Meeting Room 1

Instructor: Wonders! Science **Age: 4Y - 6Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55997	1:30-3:00pm	Tu	Jan 8-Feb 5	5c	\$74/\$84
55998	1:30-3:00pm	Tu	Feb 19-Mar 26	6c	\$89/\$99
55999	1:30-3:00pm	Tu	Apr 9-May 14	6c	\$89/\$99

Wonders! Science #5

Ride a real hover craft, cast dinosaurs fossils, make super-balls, build electric powered propellers, experiment with optical illusions, ignite 10 foot foam geysers, fire marshmallow cannons, build electric switches and buzzers, and much, much more! \$20 materials fee due to instructor first class

Calavera Hills Community Center: Meeting Room 1

Instructor: Don Miller **Age: 5Y - 13Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55988	3:30-5:00pm	Tu	Jan 8-Feb 5	5c	\$109/\$119

Wonders! Science #6

Explore robotics, make pinhole cameras, make and launch amazing water rockets, build barometers, split water, collect fossils, fire balloon rockets, make oil tornados, hollow out pennies, create foot-long lighting, split light, fly remote-controlled dragon flies, and much, much more! \$20 materials fee due to instructor first class.

Calavera Hills Community Center: Meeting Room 1

Instructor: Wonders! Science **Age: 5Y - 13Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55989	3:30-5:00pm	Tu	Feb 19-Mar 26	6c	\$131/\$141

Wonders! Science #7

Make an oil tornado, dig for real fossils and create an amazing spectra scope! Build a mini-hovercraft, construct a barometer, and make 3-D glow-in-the-dark crystals! Make an optical illusion machine, build incredible air rockets and much more!! \$20 Material fee due to the instructor during the first class.

Calavera Hills Community Center: Meeting Room 1

Instructor: Don Miller **Age: 5Y - 13Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55990	3:30-5:00pm	Tu	Apr 9-May 14	6c	\$131/\$141

Wonders! Speed Math

Save your child and yourself from hours of frustration and lay a solid foundation for great success in math! Each participant will be individually tested the first day and deficiencies will be pinpointed. Great techniques will then be used to help the children easily master all the facts with speed. 1st Session-Multiplication, 2nd Session-Addition, 3rd Session-Subtraction. \$10 materials fee due to instructor the first day.

Calavera Hills Community Center: Meeting Room 1

Instructor: Don Miller **Age: 5Y - 13Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55994	5:15-6:15pm	Tu	Jan 8-Feb 5	5c	\$88/\$98
55995	5:15-6:15pm	Tu	Feb 19-Mar 26	6c	\$105/\$115
55996	5:15-6:15pm	Tu	Apr 9-May 14	6c	\$105/\$115

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